

○冷房 2 つつけてんだ。外から香ばしいにおいができて窓なんてあけてらんねえんだ。ここら牛や豚かってっぺ。冷房代かかってしょうがねえんだ。

(2012 年 7 月 15 日 大玉村・仮設 50 代 男性)

I'm running two air-conditioners. I can't open the windows because of the fragrance outside. You know, they have cows and pigs around here. I'm sick of the cost of the air-conditioning.

(A man in his 50s, temporary housing in Otamamura, Jul. 15, 2012)

○夏でもクーラーで体調を崩したりするから、足湯はありがたいのよ。

(2012 年 7 月 27 日 遠野・仮設 70 代 女性)

Even in summer I appreciate the *ashiyu* footbath service, because I sometimes feel unwell from using the air-conditioning.

(A woman in her 70s, temporary housing in Tono, Jul. 27, 2012)

○今日は暑いねー。昨日は夜中まで寝れなくてね。去年の夏は暑かったけど、今年も暑いわ、夏はサンダルになる事が多いしょ？足もと気になるから、マニキュア塗ったの。ダイソーだと安いけど、すぐに落ちるしひとぬりで塗れないでしょ？うすいで 1500 円のマニキュアなの。買ってみたら？

(2012 年 7 月 28 日 三春町・仮設 70 代 女性)

It's such a hot day today, isn't it? It was so hot last night that I couldn't sleep till midnight. I thought last summer was especially hot, but so is this summer. We often wear sandals in summer, right? So I painted my toenails to make them look pretty. The nail polish from Daiso (a 100 yen shop) is cheap, but it wears off easily and needs multiple coats. I got this one for 1500 yen at Usui Department Store. Why don't you try it, too?

(A woman in her 70s, temporary housing, in Miharumachi, Jul. 28, 2012)

○(暑いですね。皆さん家の回りで野菜作ってるんですねとお話ししたら)はい。きゅうり、トマト、なすは作ってますよ。たくさん出来ると近所の人たちに分けてるんです。トマトもお日様があたって来たから色がつき始めてねえ。なすは色んな食べ方がある。焼いて食べるとおいしいね。私は蒸すこともするけどね。油で揚げるとカロリーが高い。小さな種から、あんなに大きくなっていくつも実をつけて、本当にすごいねえ。

(2012 年 7 月 28 日 釜石・仮設 70 代 女性)

(When asked about the vegetables growing around her temporary house,) Yes, I grow cucumbers, tomatoes and eggplants. When I have a big harvest, I share with my neighbors. The tomatoes started to turn red after they got more sunlight. There are many ways to enjoy eating eggplants. It's tasty when you grill them, but I also steam them. When you fry them, they become too high in calories. It's amazing that such small seeds grow into big plants and produce so much.

(A woman in her 70s, Kamaishi temporary housing, Jul. 28, 2012)

○盆踊りするのよ～。前に住んでいた駅前です。家、3月に解体してそれから行く気にならなかったけど、久しぶりに行ってみる。暑いけど夕方45分散歩しているよ。

(2012年7月29日 山元・仮設 70代 女性)

I enjoy *bon* dancing! They usually have the dance event in front of the train station nearby where I used to live. I didn't feel like going there after my house was demolished in March. But I decided to go there after a long time. I take a walk for 45 minutes in the evening nowadays, despite the heat.

(A woman in her 70s, Yamamoto temporary housing, Jul. 29, 2012)

○明日、駅伝大会で走るんだ。あまり得意じゃないけど、楽しみ、先生も走るし。テニス部に入った。なんかやりたかったの、夏休みも部活に行っているよ。水、冷たくて気持ち良い(水で足湯した)。去年も夏どこかに行くことはなかったけど、今年の夏はわからない。

(2012年7月29日 七ヶ浜・仮設 10代 男子)

Tomorrow, I am participating in a marathon relay race. I look forward to it though I am not good at it. My teacher is running, too. I have joined the tennis club. I wanted to do something, so I've been going to tennis club practice even during summer holiday. Oh, the water feels good. (The foot bath was done with cold water.) I didn't get to go anywhere last summer, either, and I am not sure about this year yet.

(A boy in his teens, Shichigahama temporary housing, Jul. 29, 2012)

・避難させてもらっていた親戚の家に「(仮設はいるのは)断れー断れー」と言われたけど、やっぱり人の家では自分のことはできない。ここに来たときは、家に帰っても一人で。つらかったなあ。今は息子が2人来ていて、おさんどんしているからいいんだけどね。この辛さはずっと続くなあ。流された人も、残された人も辛いなあ。(60代女性)

My relatives with whom I was staying after the disaster strongly suggested me to decline moving into the temporary housing and just live with them, but, you know, I can't live my own life in somebody else's house. Just after I moved here (the temporary housing), I used to come home to find nobody waiting for me. I felt terrible. Now it's better, because two of my sons are with me and I keep busy cooking for them. Still, I guess I'll have this pain in my heart all through my life. It's sad to be washed away, and to be left behind, as well. (A woman in her 60s)

・家のあった辺りは 40 軒中 2 軒しか残らなかった。残った方もいたたまれないよね。
(50 代女性)

Only two out of 40 houses in my previous neighborhood survived the tsunami. I guess the ones living in the houses that remained must feel terrible, too.
(A woman in her 50s)

・300 通くらい中学生と文通していたのと、15 歳から津波が来る前日まで日記をつけていたのが、全部流された。(70 代男性)

I had about 300 letters received from junior high students with whom I corresponded, and diaries I had kept since the age of 15 till the day before the tsunami. They were all washed away. (A man in his 70s)

・毎日 2.3 時間しか寝れない。1 人で生活しているから考え込んでノイローゼになりそうだから睡眠薬を飲んでいる。足湯をするとパワーが出る。(70 代男性)

I cannot sleep more than 2 – 3 hours every night. I live alone, so I think too much. I take sleeping pills, otherwise I would have a nervous breakdown. I feel get energy from *ashiyu*. (A man in his 70s)

・普段、子どもの面倒ばかり見てるから、疲れがとれてうれしい！子どもの遊ぶものも、全部流されちゃったの。(30 代女性)

I am so happy that the *ashiyu* takes my tiredness away! I always feel fatigued from looking after my child(ren) all day. Everything my child(ren) had to play with was washed away. (A woman in her 30s)

・今日は展示されてる写真をもらいに来たの。25になる子の写真は家の奥に閉まっていたから、(津波に流された後)たくさん出てきたんだけど、(この子(隣にいた子どもさん)と真ん中の子のは家を出していつも見てたから、(流されて)出て来ないんだよねえ……。 (40代女性)

Today I came to receive the photos of my children taken by the volunteers that have been on display here. We were able to recover many photos of my 25 year-old after the tsunami, because they had been stored in an inner part of my house. But photos of this child (the one standing next to her) and my middle child were never found. They were washed away because we used to leave those photos out at home and viewed them all the time. (A woman in her 40s)